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NEWS WORTH SHARING.

Not the only thing that's rising

Ashley Madison, the hookup site for married people, is doing well in the Land of the Rising Sun PAGE 12

Living on the edge

Use Metro AR to see a real-life Spider-Man do his thing in Kyiv PAGE 13

DAY 2: TAKE BACK THE INTERNET

'YOUR RIGHTS MATTER ... BECAUSE YOU NEVER KNOW WHEN YOU'RE GOING TO NEED THEM.' LOOK FOR THIS CODE TO WATCH EDWARD SNOWDEN'S TED TALK PAGES 8 & 9

MEET BIG BLUE

On Wednesday morning, Canada's largest permanent Gantry Crane was installed in Seaspan's Vancouver Shipyards. The colossal 80-metre crane weighs 300 tonnes and will be used to build non-combat vessels for the Canadian navy and coast guard. Story, page 5. SAM SMITH/FOR METRO

City named intervenor for pipeline proposal

Kinder Morgan. New status means city can question evidence, present arguments at hearings for Trans Mountain project

The City of Vancouver is now one of 400 official intervenors for the Trans Mountain Pipeline Expansion Project, allowing the municipality to have its voice heard on the Kinder Morgan-led proposal.

The National Energy Board (NEB) granted Vancouver intervenor status along with Burnaby, Coquitlam, New Westminster and many more municipalities, businesses and individuals affected by the expansion.

As intervenor, the city can now file written evidence to the NEB on the project, question evidence presented by other intervenors, comment on drafts, present written and oral arguments and file notices of motion.

It's a way for the cities to make sure they have their concerns heard and potentially help guide the project, says Port Moody Mayor Mike Clay.

"It's the only opportunity we have to get our two bits in," Clay told Metro. "We want to be on file and on record about what our concerns are, and then hopefully those are addressed."

Clay says Port Moody is mostly concerned about the Burrard Inlet and any potential impact this project could have on the area.

Surrey Coun. Bruce Hayne says his city's intervenor status means more opportunity to address concerns.

"We haven't pre-judged the application as a city," Hayne said. "As a municipality we're not going in for or against. We want to go in as a representative of the city so we can take part in critical issues that are discussed."

In total, the NEB approved 78 per cent of intervenor and commenter applications for a total of 1,650.

The proposed Trans Mountain Pipeline Expansion Project would virtually triple the amount of oil coming from Edmonton to Vancouver to 890,000 barrels per day. It would also boost tanker traffic through Vancouver's port to 408 per year, up from 32.

The governments of B.C. and Alberta, Metro Vancouver, Environment Canada and the Métis Nation of British Columbia were also granted intervenor status. SAM SMITH/FOR METRO

Members of the Langley family are rushed into an ambulance early Wednesday morning. SHANE MACKICHAN/FOR METRO

House set on fire during attempted murder: Cops

Langley. RCMP say woman's estranged husband broke into her home, assaulted her and started a blaze

MATT KIELTYKA
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Two women are in hospital and one man is wanted after a shocking assault and arson in Langley.

RCMP allege that an estranged husband — identified as 44-year-old Andre Harvey Richard — broke into a home in the 19600 block of Wakefield Drive at 1 a.m. Wednesday armed with some sort of weapon.

Police say the man went up to his wife's bedroom and allegedly assaulted her with the weapon.

The woman's 14-year-old daughter, who ran to the bedroom because she noticed smoke in the house, tried to intervene and was also struck on the body, police said.

Meanwhile, the fire — which police believe was started by the suspect — began to spread quickly while the victims were still inside.

The woman, her daughter and an eight-year-old son were able to flee the home before it became fully engulfed by the fire.

The mother and daughter were rushed to hospital with non-life threatening injuries.

Langley RCMP spokesperson Cpl. Holly Marks said the mother, 40, was struck in the head but is expected to recover.

Police were initially unsure whether the suspect, who is known for previous domestic violence occurrences, managed to escape the burning home, but a secondary search found no bodies.

RCMP are now on the hunt for Richard, who during the alleged incident also breached his condition of no contact with the victim.

He's described as a 44-year-old white male, five-foot-eight feet tall, 201 pounds, with a heavy build and very short dark hair.

Andre Harvey Richard COURTESY RCMP

Marks said he may be driving a grey 2006 Saturn Relay minivan, with the license plate: 804 HWC.

Anyone with information on Richard's whereabouts is asked to contact police immediately at 604-532-3200.

Residents approve

Vancouver backs off on density for Marpole plan

A well-organized protest to stop blanket rezonings of single-family areas in Marpole successfully convinced Vancouver to put the brakes on density in the neighbourhood plan.

While it "isn't perfect," the new draft plan presented to city council Wednesday received cautious support from many residents who opposed the initial plan that was sent back to the drawing board in September 2013.

The city backed off higher density except in certain zones, many near transit corridors, following additional consultation. It will leave 85 per cent of the single-family zoned areas unchanged, a decision that garnered praise for planning staff.

"I cannot ask for a better process since (the) one I've seen since October," resident Albert Leung told council, the first of many speakers to thank staff for the extra effort to have face-to-face meetings with smaller groups.

The communication flies in the face of what Leung and many others initially believed was a done deal.

There were still concerns about density, increased traffic to the neighbourhood, strain on childcare resources and whether transit has enough capacity to handle an expected 12,000 extra residents.

Residents implored city council not to move the community centre — there are plans to revitalize it — and to get started immediately on plans to build a 10-acre waterfront park.

City council had not heard from all the speakers or voted on the plan by Metro's deadline.

EMILY JACKSON/METRO

Distracted driving. B.C considers higher fines, demerit points

Distracted driving is killing more British Columbians than drunk driving and Attorney General Suzanne Anton says the government is considering higher fines and penalties to put the brakes on the carnage.

The most recent B.C. driver death figures for 2012 show 81 people died in distracted-driver accidents, while impaired driving was labelled as the cause of death in 55 crashes.

Currently drivers aren't given demerit points if they're caught, but Anton says she's considering changing that, along with boosting the current $167 fine for distracted driving.

THE CANADIAN PRESS

IMPACT

Alleged auto crime offender arrested

Shaun Darryl Bolko, one of B.C.'s alleged top 10 auto-crime offenders, was arrested on Sunday in a stolen pickup truck only days after the list was released by Integrated Municipal Auto Crime Team (IMPACT).

KAYLA ISOMURA/FOR METRO

Vancouver Real Estate Board. Sales pick up from a year ago

Home sales in the Vancouver region picked up in March compared with a year ago, but were still well below the long-term average for the month, according to the city's real estate board. The Real Estate Board of Greater Vancouver said Wednesday there were 2,641 homes sold through its Multiple Listing Service, up from 2,347 a year ago.

However, the tally fell short of the 10-year sales average of 3,190 for March. The sales-to-active-listings ratio was 18.2 per cent, unchanged from February, a level that the board says suggests a balanced market.

THE CANADIAN PRESS

Year in prison. Female hockey coach sentenced for sexually abusing girl

A Kamloops hockey coach who sexually abused a player has been sentenced to 12 months in jail.

Heidi Ferber, an assistant hockey coach for a Minor Hockey Association girls' team, pleaded guilty to sexual interference of a person under 16 and sexual exploitation.

B.C. Supreme Court Justice Hope Hyslop also sentenced Ferber to 18 months' probation, required her to be registered as a sex offender for 20 years and to undergo a psychiatric assessment.

Hyslop said Wednesday that while she believes Ferber is now remorseful, the coach knew her actions between the fall of 2010 and late 2011 were wrong, adding the coach encouraged the girl not to tell anyone.

Court heard that in 2011 the girl wrote a poem containing suicidal references. In early 2012, she told her mother what was going on.

A pre-sentence report found Ferber has little remorse and blames the girl.

On Wednesday, Ferber made a tearful apology.

"I made some huge mistakes I can't change," she said. "There's ripples that will go on for a long time."

The Crown was seeking nine to 12 months behind bars, while Ferber's defence lawyer wanted a sentence of six months to be served on weekends. CHNL/KAMLOOPS THIS WEEK/THE CANADIAN PRESS

Serial offender. Man who drives without a licence guilty of killing woman

A Kamloops man who has never held a driver's licence but has been busted behind the wheel five times in the last three years has been convicted of killing a pedestrian.

Donald Isadore, 63, was found guilty Tuesday of one count of failing to yield to a pedestrian stemming from the death of a woman who was walking at a crosswalk in 2012.

A police officer testified 66-year-old Valerie Brook's body was thrown up to 9.5 metres.

Lawyers will return to court on April 10 to set a date for sentencing, which will likely take place in June.

Less than three weeks before Brook was killed, Isadore was handed a 30-day jail term and fined $500 for a separate driving conviction. In 2011, he was jailed for 14 days for another driving conviction.

And, following the judge's decision this week, Isadore pleaded guilty to two additional charges stemming from incidents in January — weeks after Brook was killed.

Impact

"I think we're all still so blown away that we're not going to get any closure."

Loralie Loewen, the victim's daughter

THE CANADIAN PRESS

Engagement, a sculpture by artist Dennis Oppenheim, at English Bay. On Wednesday, the city passed 19 recommendations to help get Vancouverites more engaged in civic life. JENNIFER GAUTHIER/METRO FILE

'Do you want to get engaged?' city asks

Civic participation. Council approves plan to help citizens vote easier, feel welcome

EMILY JACKSON
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Vancouverites are cynical about city decisions, terrified to speak at city hall and unlikely to vote in municipal elections.

Oh, and they're lonely.

But the city hopes to fix these problems with a plan featuring 19 recommendations from the Engaged City Task Force, approved unanimously by council Wednesday.

"There's an enormous amount of mistrust," task-force member Lyndsay Poaps told council in a presentation on the plan, which includes suggestions to welcome new immigrants and an idea for a neighbourhood block-party day.

"Without some of these pieces we recommend, I think it will just get worse," she said.

Origin

The process to improve engagement was created after a Vancouver Foundation report described citizens as socially isolated and lonely.

Based on reaction to the task force itself — some criticized it for not inviting neighbourhood associations to participate and accused it of holding all its meetings behind closed doors — it was clear distrust is alive and well.

Part of the problem stems from the low voter turnout of 35 per cent, giving residents the sense that local government doesn't accurately represent them, council heard from task-force members.

One of the task force's most ambitious goals is to increase voter turnout to 75 per cent with an aggressive campaign that includes working with universities to get young people to the ballots and making voter registration easier.

Staff will report back on next steps to carry out the plan, how much it will cost and how to measure citizen engagement going forward.

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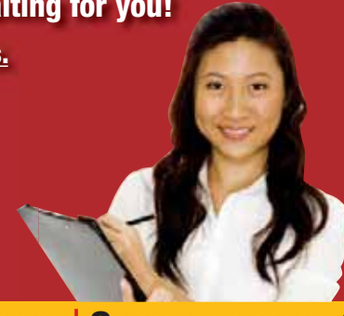

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Province ends CEV rebate program

Clean energy vehicles. Differing takes on effectiveness of financial incentive

KAYLA ISOMURA
vancouver@metronews.ca

B.C. car consumers will no longer receive a financial incentive to buy an electric vehicle through the province's Clean Energy Vehicle (CEV) program.

The program, which provided a rebate of up to $5,000 for eligible vehicles, ended Monday.

The government currently has no plans to renew the program, which UBC environmental economist Sumeet Gulati suggests is because the program was likely ineffective.

"I'm skeptical about incentives," he said. "People would've bought them anyway, so what's the point of giving away money?"

Since its launch almost three years ago, more than 900 vehicles were purchased with CEV incentives, reducing 55,900 tonnes of greenhouse gas emissions, according to Metro Vancouver air quality planner Eve Hou, who applauded the results.

"Personal cars account for a significant amount of greenhouse gases," she said. "(CEVs) have no tailpipes so from an air quality perspective we're very supportive."

Hou said the program fell in line with the region's air quality and greenhouse gas management plan, which involves reducing residential and vehicle emissions.

She would like to see the program continue.

Gulati, however, suggested that despite greenhouse gas reduction, the program may have encouraged more people to buy more cars.

The government said it continues to install fast electric chargers and provide outreach and education on the vehicles.

The government is also assessing CEV results to determine if any additional measures are required to encourage the purchase of the vehicles.

The program paid out $4.9 million in incentives.

By the numbers

Clean Energy Vehicle Program results:

- $4.9 million in incentives
- 946 vehicles purchased with incentives
- More than 305 residential charging station rebates issued
- Seven fast-charging stations deployed, six to be completed in 2014
- $600,000 in research and education funding
- Completion of an outreach and education strategy to be implemented until 2016

SOURCE: MINISTRY OF ENVIRONMENT

A charging station for electric vehicles near Waterfront Station is one of dozens in Vancouver. MATT DESOUZA/FOR METRO

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Canada's largest Gantry Crane installed

Modernizing the shipyard. The colossal, blue crane stands 80 metres

It's big, it's blue, and it's here to stay.

On Wednesday morning Canada's largest permanent Gantry Crane was installed in Seaspan's Vancouver Shipyards.

"As part of our national shipbuilding and procurement strategy program we needed to modernize the shipyard so we can efficiently deliver vessels to Canada," said Brian Carter, president of Seaspan Shipyards. "This crane is going to really provide a lot of efficient shipbuilding capability to Canada and our future commercial and other government customers," he said.

This colossal crane stands 80 metres and weighs 300 tonnes. It will be used to build non-combat vessels for the Canadian navy and Canadian Coast Guard.

Currently Seaspan is backlogged with 17 orders of non-combat vessels, and plans to start working on ships beginning in October.

Using the new crane the average ship should take roughly 18 months to complete, compared to the 30 to 36 months it would have taken without it, according to Carter.

Check out this timelapse video from YouTube user Bao Li of the crane's installation. SAM SMITH/FOR METRO

A worker descends back down to the ground to prepare for the raising of the Gantry Crane. SAM SMITH/FOR METRO

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UBC students create super fuel-efficient car

A group of students at the University of B.C. have designed a concept car with a tank of gas the size of a can of Coke that can travel an astounding 1,000 miles on a single gallon of gas.

The team hopes that their innovative car will lead toward better energy efficiency and fuel consumption.

"There's a huge push for energy efficiency right now," said Ryan Gibson, team engineer. "The idea with us, because we run gasoline, is it's more of a conservation type thing. How can we optimize the technology we have today to be way better in the future."

Quoted

"The idea with us, because we run gasoline, is it's more of a conservation type thing. How can we optimize the technology we have today to be way better in the future?"

Ryan Gibson, team engineer

After several years of tedious planning and building, the team is ready to take the Odysseus down to Houston, Texas, to compete in the Shell Eco-marathon Americas. Last year the team finished second in the 10 kilometre race, where the vehicle using the least amount of gas takes top prize. MATT DESOUZA/FOR METRO

UBC Supermileage team members Nancy Chu, Jeffery Chow, Ryan Gibson, Nancy Peng and Johnson Lu were on campus to show off their new urban concept vehicle, the Odysseus. MATT DESOUZA/FOR METRO

Deadly shooting at U.S. Army's Fort Hood base

Second incident. Base was also scene of 2009 event that left 13 people dead

A soldier opened fire on fellow service members at the Fort Hood military base, killing three people and wounding 16 before committing suicide at the same post where more than a dozen people were slain in a 2009 attack, authorities said.

The shooter, who served in Iraq in 2011, had been undergoing an assessment to determine whether he had post-traumatic stress disorder, according to Lt. Gen. Mark A. Milley, the senior officer on the base.

There was no indication the Wednesday attack was related to terrorism, Milley said.

One of the officials, citing official internal Justice Department updates, said 16 others were hurt. The officials spoke on condition of anonymity because they were not authorized to release information by name.

In this 2009 photo, an entrance is shown to the Fort Hood Army base in Texas. THE ASSOCIATED PRESS

Outside the base, some relatives of soldiers waited for news about their loved ones.

Tayra DeHart, 33, said she had last heard from her husband, a soldier at the post, that he was safe, but that was hours earlier.

"The last two hours have been the most nerve-racking I've ever felt. I know God is here protecting me and all the soldiers, but I have my phone in my hand just hoping it will ring and it will be my husband," DeHart said.

The Texas Army base was the scene of a mass shooting in 2009. Thirteen people were killed and more than 30 wounded in what was the deadliest attack on a domestic military installation in history.

In Chicago, U.S. President Barack Obama vowed that investigators will get to the bottom of the shooting, seeking to reassure the nation whose sense of security once again has been shaken by mass violence.

The president spoke without notes or prepared remarks in the same room of a steakhouse where he had just met with about 25 donors at a previously scheduled fundraiser. White House officials quickly pushed tables to the side of the room to make room for Obama to speak to the nation.

THE ASSOCIATED PRESS

Cheat tweet blows up

Chinese actor's apology sets record

A Chinese actor's apology to his actress wife following rumours of his infidelity has set a record for comments and retweets on China's version of Twitter.

The scandal surrounding film and TV star Wen Zhang has resonated among Chinese partly because of his image as a sensitive and happily married family man.

The volume of comments underlines the relative freedom users have to focus on entertainment news online where politics is often off-limits.

Wen Zhang posted a statement early Monday, and by Wednesday his post had been forwarded more than 1.2 million times and received nearly 1.9 million comments.

THE CANADIAN PRESS

St. John's. Class-action suit over moose-vehicle accidents now underway

A class-action lawsuit started Wednesday in St. John's, N.L., with emotional testimony from plaintiffs who said moose-vehicle crashes on provincial roads have devastated them.

"I never had time to respond," said Ben Bellows, 57, of a 2003 accident that left him a quadriplegic.

He sat in a wheelchair as he testified in provincial Supreme Court. The case alleges the province has negligently failed to manage the moose population. It involves 135 plaintiffs — including at least 15 estates of those who died — who were involved in accidents dating back to 2001. The class was limited to injuries that required hospital admission.

Plaintiffs are claiming unspecified damages as they seek to prove the province is liable for not doing more to limit risks created after the government introduced moose, a non-native species, to the island of Newfoundland more than a century ago.

Ches Crosbie, the lawyer for the plaintiffs, told court that the provincial government has known for at least 10 years that moose are a highway hazard but did not decide on a specific policy to cut that risk.

About 800 accidents or close calls have been recorded annually in recent years.

THE CANADIAN PRESS

Quoted

"It was so fast."

Ben Bellows, describing his accident with a moose on the Trans-Canada Highway, which left him a quadriplegic

Fishermen look for damaged boats to salvage in the port of Iquique, Chile, on Wednesday. Authorities discovered surprisingly light damage from a magnitude-8.2 quake that struck in the Pacific Ocean Tuesday evening. LUIS HIDALGO/THE ASSOCIATED PRESS

Big quake in Chile causes little damage

Hard-won expertise and a big dose of luck helped Chile escape its latest magnitude-8.2 earthquake with surprisingly little damage and death.

The country that suffers some of the world's most powerful quakes has strict building codes, mandatory evacuations and emergency preparedness that sets a global example.

But Chileans weren't satisfied Wednesday, finding much room for improvement, and experts warn that a "seismic gap" has left northern Chile overdue for a far bigger quake.

Authorities on Wednesday discovered just six reported deaths from the previous night's quake. It's possible that other people were killed in older structures made of adobe in remote communities that weren't immediately accessible, but it's still a very low toll for such a powerful shift in the undersea fault that runs along the length of South America's Pacific coast.

Tuesday's temblor

8.2

Magnitude of the earthquake that hit Chile on Tuesday night

"How much is it luck? How much is it science? How much is it preparedness? It is a combination of all of the above. I think what we just saw here is pure luck. Mostly, it is luck that the tsunami was not bigger and that it hit a fairly isolated area of Chile," said Costas Synolakis, an engineer who directs the Tsunami Research Center at the University of Southern California.

Chile is one of the world's most seismic countries and is particularly prone to tsunamis. THE ASSOCIATED PRESS

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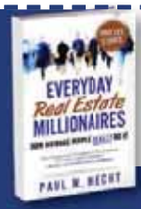

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See that symbol? It means you can scan this image with your Metro News app to see Edward Snowden's TED Talk where he explains how to take back the Internet.

Canadians 'should be outraged' by Wi-Fi spy allegations: MP

Snowden documents. CSEC says it only 'incidentally' intercepts Canadian communications

JOE LOFARO
Metro in Ottawa

Documents leaked by Edward Snowden seem to show the Canadian government was snooping on its citizens at the airport. CONTRIBUTED

If protecting the privacy of Canadians is Communications Security Establishment Canada's "most important principle," why do documents leaked by Edward Snowden appear to indicate the spy agency snooped on Canadian citizens at a Canadian airport?

It's a question that's sparked debate in Parliament and one that NDP digital issues critic Charmaine Borg still struggles with. Borg said Canadians "should be outraged" by allegations published in a January CBC News report which said CSEC spied on Canadians by scooping up metadata from a free Wi-Fi network.

CSEC chief John Forster defended his agency's actions, saying it only "incidentally" intercepts Canadian communications while targeting foreigners.

Metro was denied multiple requests for an interview with Public Safety Canada, the ministry responsible for cybersecurity, and its minster, Steven Blaney.

"Our Government takes cybersecurity seriously and operates on the advice of security experts," wrote Blaney's press secretary, Jason Tamming, in an email, which also mentioned a $245-million investment in the government's Cyber Security Strategy. The strategy was designed to protect public and private sector IT networks and the personal information of Canadians against online threats.

In another email to Metro, Sabrina Meheš, a Public Safety spokesperson, noted Canadian intelligence agencies are subject to "multiple layers of scrutiny."

"CSEC and CSIS, are both subject to independent review," wrote Meheš. "There is also judicial oversight of more intrusive CSIS activities, and Ministerial approval of certain CSEC and CSIS activities."

But Borg and privacy advocates worry about more than just the government. In 2013 Borg tabled a private member's bill to give the federal privacy commissioner powers to hold private firms more accountable. Bill C-475, however, did not pass second reading in January.

As for what Canada is doing to protect the privacy of Canadians from corporations and hackers, Meheš referred Metro to the same Cyber Security Strategy.

Sometimes the law isn't enough. When firms break the law, the privacy commissioner can only make corrective recommendations and hope for the best.

"Here in Canada, all they get is a meager slap on the wrist," said Borg. "If there are repercussions for violating our privacy laws, these organizations will start to treat the privacy of Canadians more seriously."

WITH FILES FROM TORSTAR NEWS SERVICE

Privacy

Why you should care

The question of what law-abiding people have to fear from government spying is likely self evident to anyone who has ever deleted their browsing history, but the question always comes up — why should we care?

In his recent Ted Talk in Vancouver via Skype, Edward Snowden addressed the question head on.

"The first thing is, you're giving up your rights. You're saying hey, you know, I don't think I'm going to need them," Snowden said. "People should be able to buy a book online, they should be able to travel by train, they should be able to buy an airline ticket without wondering about how these events are going to look to an agent of the government, possibly not even your government, years in the future."

No one knows for sure

What's legal? What's not?

We may be starting to slowly understand what our governments are really up to these days after NSA whistleblower Edward Snowden began exposing government spying techniques to the world last summer.

But examining the magnitude of the Canadian government's spying efforts on its own people makes it clear there's still a lot we don't know.

"When you look at the totality of what Snowden has revealed, we find that virtually all our communication, it would seem, is captured in some form," said Michael Geist, Canada research chair in Internet and e-commerce law at the University of Ottawa. "It's pretty scary."

What's scarier is the broad interpretation of Canadian laws that don't seem to protect any of our online data.

'World of secrets'

"We are stuck in this world of secrets and a wilderness of mirrors, not really knowing what is going on or if we should feel comforted or feel deeply troubled or somewhere in between."
Wesley Wark, leading security expert

Sure, there are clear boundaries set for the Canadian Security Intelligence Service (CSIS) and the RCMP, but when it comes to CSEC, the lines begin to blur.

University of Ottawa professor and national security expert Wesley Wark said CSEC has a mandate to collect foreign intelligence for the government of Canada. CSEC doesn't have authority to spy on Canadians, but it's been given what Wark called a "get-out-of-jail-free card" — ministerial approval to "inadvertently collect and retain Canadian communications."

That's apparently what happened with CSEC's large sweep of data at a major Canadian airport.

Some would argue it was a breach of Canadian law, but Wark said CSEC's approval to collect "metadata," which is all the data that surrounds the sending and receiving of communication, including who sent it, who received it, how and when it was sent, creates a loophole.

"That metadata, CSEC says, does not constitute a private communication and therefore it is not protected by the privacy act or any charter rights," he said. "A second argument (is) that they can do metadata even against Canadian communications, in pursuit of foreign intelligence material and that it's not in breach of law."

It's everywhere

"What we do know is that surveillance is truly ubiquitous at this point in time." Michael Geist, University of Ottawa research chair

That means Facebook conversations, private emails and other personal info can be swept up in the government's massive data bank as quick as you can "like" a photo.

Facebook and other social media sites are in the grey area of the law, said Geist, who told Metro as long as you have some privacy settings on your profile, messages between friends should be protected. While CSEC couldn't legally use the private information against you, it is allowed to "inadvertently" collect all our conversations.

Open sites like Twitter could be interpreted differently. Geist said one of his students was recently stopped by U.S. customs because he tweeted a mathematical formula before his travels. He was let go, but the idea of governments watching our every tweet is "shocking," he said.

TREVOR GREENWAY/METRO IN OTTAWA

PARANOID IS SPYING

Here's a glimpse at countries that spy on

Canada

In December 2013, the CBC received documents indicating CSEC Canada set up spy posts in 20 countries at the request of the NSA. The Privacy Act and Personal Information Protection and Electronic Documents Act are meant to protect citizens from government and private-sector spying.

U.S.

The Fourth Amendment of the U.S. Constitution gives anyone the right to not be searched without reason. But in 1978, the government enacted the Foreign Intelligence Surveillance Act, which enables the government to spy on those who may pose a threat to national security. It has been repeatedly amended since 9/11.

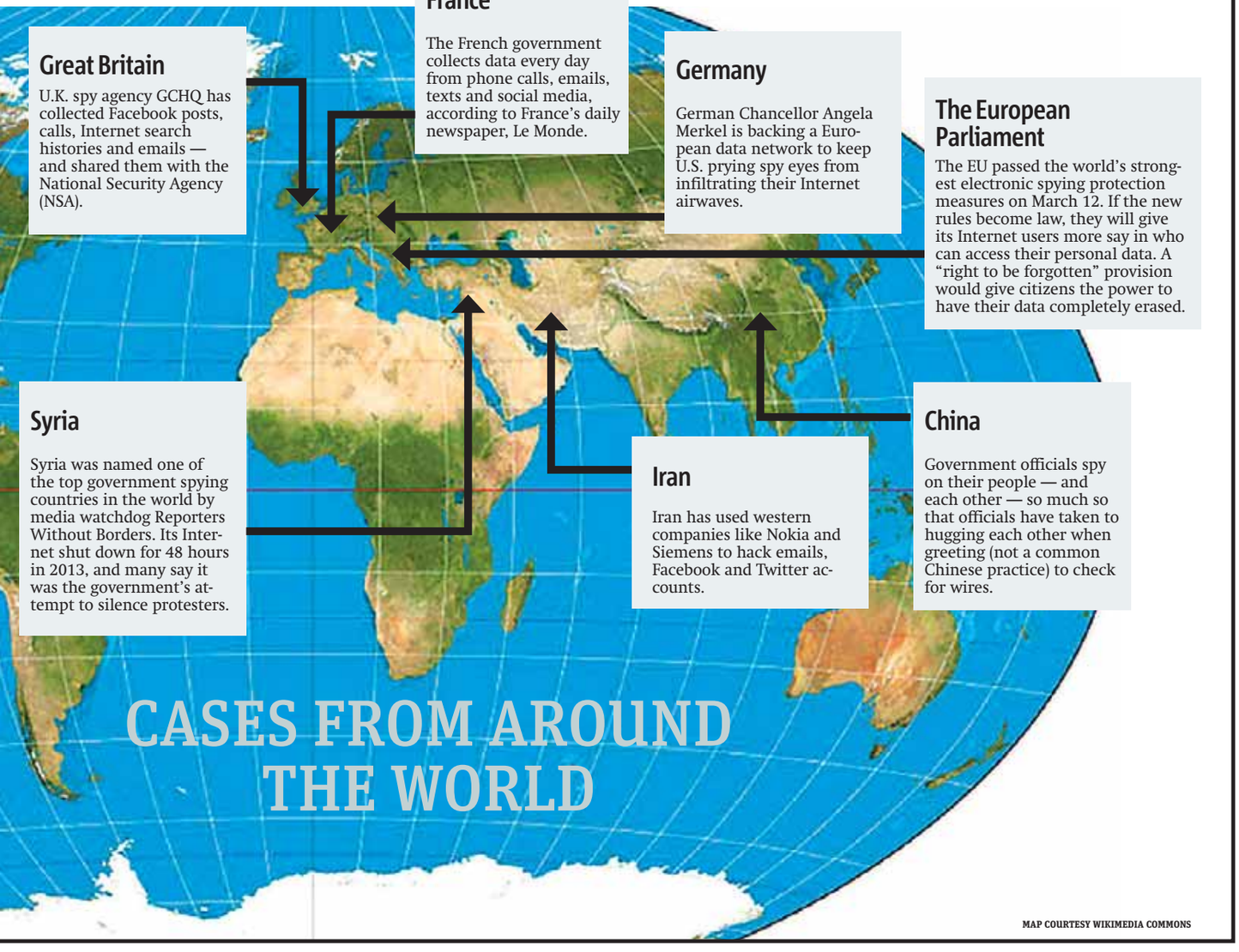
A brief history of Snowden

- **June 5, 2013.** Leaked NSA documents are published in the Guardian revealing a U.S. Foreign Intelligence Surveillance Court order forcing Verizon to give up metadata from millions of Americans' phone calls to the FBI and NSA.
- **June 6, 2013.** PowerPoint slides emerge from the Washington Post and the Guardian detailing the NSA's access to high-tech company servers including Google and Microsoft through its PRISM program.
- **June 8, 2013.** The Guardian publishes more PowerPoint slides detailing how the NSA's

? NAH, THE GOVERNMENT ON YOU (AND EVERYONE ELSE)

their citizens — and each other — plus worldwide laws and rules-in-the-making that protect citizens from spying

COMPILED BY LUCY SCHOLEY
Metro In Ottawa


Great Britain
U.K. spy agency GCHQ has collected Facebook posts, calls, Internet search histories and emails — and shared them with the National Security Agency (NSA).
France
The French government collects data every day from phone calls, emails, texts and social media, according to France's daily newspaper, Le Monde.
Germany
German Chancellor Angela Merkel is backing a European data network to keep U.S. prying spy eyes from infiltrating their Internet airwaves.
The European Parliament
The EU passed the world's strongest electronic spying protection measures on March 12. If the new rules become law, they will give its Internet users more say in who can access their personal data. A "right to be forgotten" provision would give citizens the power to have their data completely erased.
Syria
Syria was named one of the top government spying countries in the world by media watchdog Reporters Without Borders. Its Internet shut down for 48 hours in 2013, and many say it was the government's attempt to silence protesters.
Iran
Iran has used western companies like Nokia and Siemens to hack emails, Facebook and Twitter accounts.
China
Government officials spy on their people — and each other — so much so that officials have taken to hugging each other when greeting (not a common Chinese practice) to check for wires.
CASES FROM AROUND THE WORLD

MAP COURTESY WIKIMEDIA COMMONS

tool Boundless Informant gives the spying agency near real-time stats, by country. The paper also revealed the NSA swept up 3 billion pieces of intelligence from U.S. citizens in Feb. 2013 alone.

June 9, 2013. NSA contractor and the man behind the leaks Edward Snowden reveals himself to the Guardian in a Hong Kong hotel.

- **June 16, 2013.** The Guardian publishes a series of articles detailing how the U.S. and the U.K. spied on foreign leaders and diplomats at the G20 summit in 2009.
- **June 23, 2013.** The U.S. revokes Snowden's passport. He ends up in limbo after Ecuador's President Rafael Correa says he was issued travel documents without U.S. approval. Snowden begins to seek asylum elsewhere.
- **June 25, 2013.** After travelling to Moscow, Russian President Vladimir Putin says Snowden is a "free man" at Sheremetyevo airport and says he is allowed to leave the country.
- **October 2013.** Brazil's Globo Television reports NSA leaks show Canada collects metadata about phone calls and emails to and from Brazil's Mines and Energy Ministry.
- **Nov. 27, 2013.** The CBC reports that leaked documents show the NSA conducted widespread surveillance in Canada during 2010 G8 and G20 summits.

Hacking your world: Day 2 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: An interview with the interim privacy commissioner, plus more tips to keep you safe

That's apps

Here's what's up-and-coming in apps and software that claim to protect your privacy:

- **Wickr.** This app is like Snapchat, but it claims to not collect user location data. It sends encrypted, self-destructing messages.
- **Telegram Messenger.** According to Verge, this is the "hottest messaging app in the world." Its creators claim the app's encrypted messaging is un-hackable.
- **TextSecure.** This is another encrypted messaging app. However, it also allows users to create encrypted chat groups with others.
- **SpiderOak.** Got photos to store? This app will let you upload encrypted versions to a cloud storage space.
- **Secret Life.** Tailored towards iPhone users, this app secures passwords, photos and contact lists.

‘It’s just a matter of time’ till they legalize it: Poll

Survey says. 75% of Americans think sale and use of marijuana will eventually be legal across the nation

Most Americans think legal marijuana is inevitable, according to a new Pew Research poll. THE CANADIAN PRESS FILE

Marijuana legalization in the U.S. seems inevitable to three-fourths of Americans, whether they support it or not, according to a poll out Wednesday.

The Pew Research Center survey on America’s shifting attitudes about drug policy also showed increased support for moving away from mandatory sentences for non-violent drug offenders.

The telephone survey found that 75 per cent of respondents — including majorities of both supporters and opponents of legal marijuana — think that eventually, the sale and use of pot will be legal nationwide. It was the first time that question had been asked.

Some 39 per cent of respondents said pot should be legal for personal adult use. Forty-four per cent of those surveyed said it should be legal only for medicinal use. Just 16 per cent said it should not be legal at all.

The responses come as two states have legalized recreational marijuana, with more than 20 states and Washington, D.C., allowing some medical use of the drug.

“It’s just a matter of time before it’s in more states,” said Steve Pratley of Denver, a 51-year-old pipefitter who voted for legalization in Colorado in 2012.

Pratley, who did not participate in the Pew survey, agreed with 76 per cent of respondents who said people who use small amounts of marijuana shouldn’t go to jail.

“If marijuana isn’t legalized, it fills up the jails, and that’s just stupid,” Pratley said.

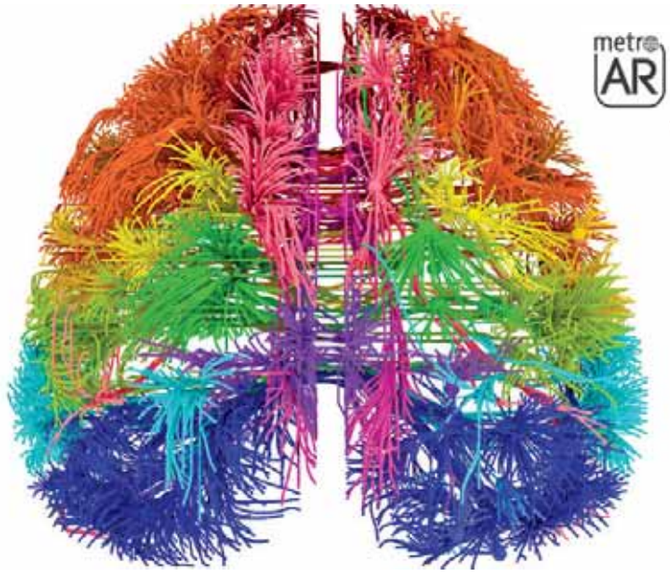
Legalization opponents, however, drew a distinction between making pot legal for all and thinking that pot users belong in jail.

“It’s an illegal drug, period. I don’t see it spreading,” said Laura Sanchez, a 55-year-old retiree in Denver who voted against legalization. She agreed that pot smokers don’t belong in jail, but she disagreed with legalization.

“I’ve seen no proof that it’s good for anybody,” said Sanchez, who also did not participate in the survey.

THE ASSOCIATED PRESS

See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of images from a mouse’s brain-wide wiring diagram.



OK, make a left at scaring housewives, then go straight until you hit loving to eat cheese

This image provided by the Allen Institute for Brain Science shows a top-down map of connections originating from different cortical areas of the brain of a mouse. Scientists have created the first brain-wide wiring diagram for a mammal at such a level of detail. Scan the image with your Metro News app to see other images, including nerve cells making direct connections, connections between four visual areas and a circular wiring diagram of connections among 215 regions.

ALLEN INSTITUTE FOR BRAIN SCIENCE/THE ASSOCIATED PRESS

Humane society looking for help with lost claws

A southern Ontario humane society is trying to decide what to do with a lobster found abandoned in a box early Wednesday in a restaurant parking lot.

Lincoln County Humane Society executive director Kevin Strooband says the restaurant doesn’t serve lobster but they suspect the crustacean was part of an April Fools’ Day prank.

Strooband says the plan is to send the lobster back to the Maritimes where he probably came from.

A southern Ontario humane society is hoping someone Atlantic-bound will give this lobster a lift home. COURTESY LINCOLN HUMANE SOCIETY

The humane society is hoping that once a decision is made, they can find someone willing to take the lobster on a flight to Atlantic Canada and free it in the ocean.

And Strooband says if the person isn’t planning to go near the ocean, his sister lives there and will meet the flight to take custody of the lobster.

THE CANADIAN PRESS

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U.K. smog forms from pollution, big Sahara storm

The perfect storm. Pollution in some areas reaches top of the scale; health warnings issued as desert dust mixes in

A cyclist wears an anti-pollution mask as she cycles along The Mall in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

European pollution and dust swirling in from the Sahara created a "perfect storm" of smog in Britain on Wednesday, prompting authorities to warn people with heart or lung conditions to cut down on tough physical exercise outdoors.

Air pollution in some areas reached the top rung on its 10-point scale, the environment department said.

The smog was caused by pollution from Britain and industrialized areas of the continent — trapped in place because of light winds — mixing with dust blown up from a storm in the Sahara desert. Many motorists across England awoke this week to find cars covered in a film of red dust left by overnight rain. People with heart or respiratory problems were advised to reduce strenuous exercise outdoors.

An unusual combination of factors had conspired "to create a 'perfect storm' for air pollution," said meteorologist Helen Dacre.

Despite efforts to make industry and automobiles cleaner, air pollution remains a major problem in Britain and across Europe.

Last month, Paris took the drastic step of banning half the city's cars from the roads for a day after a week in which pollution levels exceeded those in notoriously smoggy cities including Beijing and Delhi.

Air pollution is the world's single biggest environmental health risk.

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Market Minute

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GOLD $1,290.80 US (+ $10.80)

Natural gas: $4.37 US (+$0.11)
Dow Jones: 16,573.00 (+40.39)

Cheating rises in the Land of the Rising Sun

Japan. Buttoned-up culture gets some lipstick on its collar via adultery website

Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com, poses in Tokyo on Tuesday. The slogan written in Japanese reads: "Life is short. Have an affair." THE ASSOCIATED PRESS

Ashley Madison, the world's biggest online hookup site for married people, works only when monogamy is the rule on the surface but, deep inside, couples want to cheat. That's why it is scoring big in Japan.

The nation that prides itself on conformity and proper appearances reached a million users in eight and a half months, the fastest pace among any of the 37 countries where the adultery site operates. The previous record was Brazil at 10 months. The U.S., which has the biggest number of users at 13 million, took a year to achieve the one million mark. Spain took nearly two years.

Extramarital sex and affairs are not new to Japan, but a site such as Ashley Madison is "a levelling out of the playing field" for women, said Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com. There is a tradition of wealthy men taking mistresses in Japan and its male dominated society has provided plenty of outlets for married men to find casual sex.

The divorce rate in Japan is relatively low at about two cases per 1,000 people versus four cases in the U.S., although sinking marriage rates in Japan also lower the divorce numbers. In the 1960s, divorces were even rarer, with fewer than one per 1,000 people.

THE ASSOCIATED PRESS

For better, for worse?

"The reason people have affairs is that they want to stay married."

Noel Biderman, CEO of Avid Life Media Inc., which operates AshleyMadison.com

Thank the pension

Public servants still overpaid: Report

Federal employees are still far ahead of their private sector counterparts in terms of total compensation thanks to their pension benefits, says a new C.D. Howe Institute report.

THE CANADIAN PRESS

Frequent flyer

The (pious) customer isn't always right

The U.S. Supreme Court ruled Wednesday that a Minnesota rabbi who complained about an airline's frequent-flyer program is out of luck.

The justices unanimously sided with Northwest Airlines and dismissed a lawsuit from Rabbi S. Binyomin Ginsberg that alleged he was stripped of his top-level frequent-flyer status because he complained too much.

THE ASSOCIATED PRESS

Every bunny get ready for a change...

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TRANSLINK

LOSING IS WINNING IN COMEDY

HE SAYS

John Mazerolle
metronews.ca

I recently returned to the site where I died. It's also the place I killed one night. And it's definitely one of the places where I've felt most alive.

It was a comedy club.

I used to go to comedy school, which was just like regular school except for small differences like A) working hard meant going to bars five nights a week and B) students complained about such hardships as a three-hour gap between sketch class and improv class. (I'm not making that up.)

Stand-up comedy was (and is) part of the curriculum, so I was at a Yuk Yuk's to adjudicate students doing their final performances. The stand-up teacher selected me because I met two important criteria: I had the requisite skills to mark a score out of 10 on a piece of paper, and I had a working email address.

Was I any good at stand-up? Of course. Unless you're judging on the narrow criteria of, "Was I funny?" in which case, no, I wasn't good at it.

In two years of stand-up I had exactly one night where everything went just right. If you had stumbled in on that night, you might have imagined I knew what I was doing. Even a stopped clock is right twice a day, and this '80s-raised comic was a VCR clock flashing 12:00 when midnight rolled around.

But beyond that happy coincidence, I usually just survived my seven minutes.

I had two jokes that were adequate …

"I like Stephen Harper. Finally someone who's tough on the arts," and, "Do you know what we call black people back in New Brunswick? We call him Daryl. Because that's his name."

… but it's hard to fill 10 minutes with those, even with an amusing stammer and a bunch of knowing glances. Often I over-rehearsed the set so much I would have failed a Turing test.

Long monologue short, I didn't have a great time doing stand-up. Yet when I was back in the club I realized I missed it.

Watching the students reminded me how comedy can make the usual pecking order irrelevant and reward people who are comfortable with their place in the world, no matter where that is.

This crowd loved the overweight awkward guy who reveled in being the overweight awkward guy, but recoiled instinctively from the "cool" broad-shouldered guy whose set could have been shortened to, "Vaginas and other cultures. Pretty scary, am I right?"

I also remembered how much the performers help each other out, how exciting it can be to look out at a full house, and — this is harder to remember than you'd think — how fun it is to entertain people.

But these thoughts are way too sappy for a column about the cynical world of stand-up.

So, speaking of sappy, let me tell you my can't-fail joke about New Brunswick!

Stop me if you've heard this one.

ZOOM

They look kind of trashy

ARIEL SCHALIT/THE ASSOCIATED PRESS

A thousand people wearing garbage turn up in Israel

The Trash People, an art exhibit of life-size figures made from 20 tons of recycled iron, glass, computer parts, cans and industrial waste, stands on Israel's Hiriya landfill near Tel Aviv on Wednesday. Trash People, by German artist HA Schult, has been travelling for 18 years around the world, with stops in Paris's La Defense, Moscow's Red Square, the Great Wall of China, Egypt's Pyramids in Giza, Piazza del Popolo in Rome, Antarctica and now in Israel until April 26, 2014.

THE ASSOCIATED PRESS

Quoted

"We produce trash, are born from trash, and will turn back into trash."

Famous quote by the artist of the Trash People, HA Schult

METRO AUGMENTED REALITY

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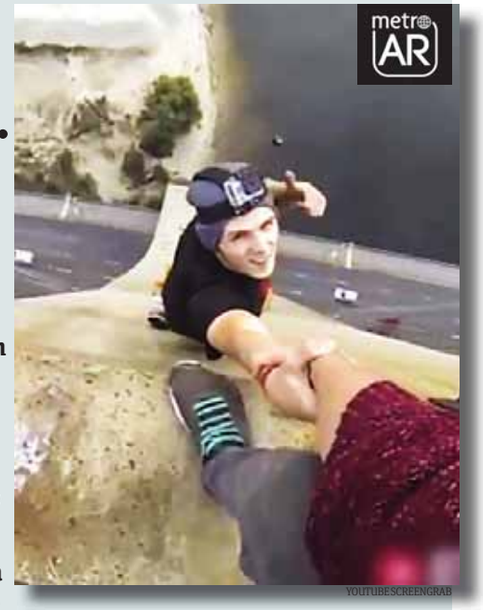
MetroTube

If the suspense doesn't kill you...

ANDREW FIFIELD
metronews.ca

Russia may not be the most popular topic in Ukraine right now, but British adventurer and general wing nut James Kingston (@JamesLKingston) is keeping the country's pastime of brazenly scaling high structures alive by tackling Kyiv's Moscow Bridge — which, come to think of it, may also be due for a name change in the coming weeks. Of course, this isn't your standard structure-climbing clip. This is a man on an even crazier mission.



YOUTUBE SCREENGRAB

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SCENE 2

Satisfy your spring fever with an action-packed arts season

Cultural appetite?
There's a lot to sink your teeth into in the coming months

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

UN/A, Ballet BC's final production of the season, takes over the Queen Elizabeth Theatre from April 24 to 26. Pictured: dancer Racheal Prince. MICHAEL SLOBODIAN/BALLET BC

Spring is just around the corner and, traditionally, that's the time of year jubilant Vancouver hockey fans get ready for the impending disappointment of the Stanley Cup Playoffs.

That won't be happening this year, which means it's already time to move on to other, more fulfilling things. Like the arts!

Tickets to the 29th annual TD Vancouver International Jazz Festival (June 20-July 1) are available now for artists performing at the Festival's Vogue Theatre Series.

That includes Medeski Scofield Martin & Wood (with Gordon Grdina Trio), June 20; Hiromi: The Trio Project, June 21; an evening with Arturo Sandoval, June 23; Jill Barber (with Royal Wood), June 24; Maceo Parker (with the Night Crawlers featuring Dawn Pemberton), June 25; Charles Lloyd Quartet (with Chris Gestrin Trio), June 27; and An Evening with Cassandra Wilson, June 29. Visit coastaljazz.ca for more information.

Passion! Environmentalism! Controversy! Yes, it's all in Eco-Pirate: The Story of Paul Watson, which plays April 7 (6:15 p.m.) at the VIFF Vancity Theatre. Visit viff.org for more deets.

UN/A, Ballet BC's final production of the 2013/14 season, is at the Q.E. Theatre from April 24-26. More on this here in a couple of weeks. Info at balletbc.com.

The DOXA Documentary Film Festival takes place May 2-11. The gala opening film is Virunga, a film about the oldest national park in the Congo, which is home to one of the world's last remaining populations of mountain gorillas. Visit doxafestival.ca for more information.

Check out Without Masks: Contemporary Afro-Cuban Art at UBC's Museum of Anthropology (MOA) starting May 2. It runs until Nov. 2. Visit moa.ubc.ca for more info.

Backstreet Boys are coming to Vancouver on May 20. Why not relive your youth by feeling old at a concert? Tickets on sale now at ticketmaster.ca.

The PuSh festival has brought in a new managing director. Roxanne Duncan takes over June 2. And Howard R. Jang is leaving his role as executive director of the Arts Club effective June 30. He'll become director of the SFU Woodward's Cultural Unit.

Now get out there and win one for your soul. You miss 100 per cent of the arts you don't go to. Or something.

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metro

Critterly acclaimed TV. Animal planet introduces batch of wild new shows

Animal Planet is set to officially unleash the channel's programming for the coming year. Its stable of stars will range from puppies and kitties to killer whales, endangered rhinos and a family of snow wolves.

Animal Planet is bringing back a number of established series including Finding Bigfoot, My Cat From Hell, Pit Bulls & Parolees and River Monsters.

For a third year, the channel will celebrate the globe's most fearsome creatures during its Monster Week event. And, of course, Puppy Bowl XI will provide a canine alternative to pigskin next Super Bowl Sunday.

New series to be announced include:

• **Deadly Islands:** Large predator expert Dave Salmoni visits some of the world's most remote islands to investigate how their native inhabitants have been successful at surviving some of Mother Nature's fiercest predators.

• **Rocky Mountain Bounty Hunters:** Fugitive retrieval agents go in hot pursuit of armed and unpredictable outlaws who have skipped bail, preferring the treacherous terrain of the Rocky Mountains to facing justice behind bars.

• **My Tiny Terror:** Small dog trainer Jacqueline Wilson goes nose-to-snout with some of the naughtiest and tiniest dogs as they cause mayhem in their owners' homes.

Among the specials on tap: former NBA basketball star Yao Ming sets off to help save Africa's elephants and rhinos from extinction by changing a 1,000-year-old Chinese tradition and ending the trade of illegal ivory and rhino horn in his native China. This project is a Discovery Global initiative that works with him and the WildAid organization to expose this underground trade.

THE ASSOCIATED PRESS

Basketball player Yao Ming with a baby elephant. Ming will star in an Animal Planet special about the ivory trade this fall. ANIMAL PLANET

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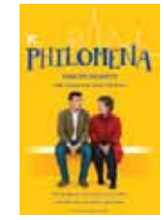

NEW THIS WEEK

Philomena
MARTIN SIXSMITH

Philomena is the tale of a mother and a son whose lives were scarred by the forces of hypocrisy on both sides of the Atlantic and of the secrets they were forced to keep. A compelling story of family secrets, love and loss - now a major film starring Judi Dench.

THIS WEEK		WEEKS ON LIST
1.	Be Careful What You Wish For JEFFREY ARCHER	4
2.	Heaven Is For Real TODD BURPO	5
3.	Uganda Be Kidding Me CHELSEA HANDLER	5
4.	Missing You HARLAN COBEN	3
5.	Shadow Spell NORA ROBERTS	2
6.	Power Play DANIELLE STEEL	4
7.	Wish You Happy Forever JENNY BOWEN	4
8.	The Hotel On Place Vendome TILAR J. MAZZEO	4
9.	Up Up & Away JONAH KERI	2
10.	Philomena MARTIN SIXSMITH	1
11.	Robert Ludlum's The Janson Option PAUL GARRISON	3
12.	Overwhelmed BRIGID SCHULTE	3
13.	Paris EDWARD RUTHERFURD	1
14.	Frog Music EMMA DONOGHUE	2
15.	The Hungry Girl Diet LISA LILLIEN	1
16.	NYPD Red 2 JAMES PATTERSON	1
17.	Exodus DEBORAH FELDMAN	2
18.	Listen To The Squawking Chicken ELAINE LUI	1
19.	Whiskey Beach NORA ROBERTS	1
20.	Million Dollar Arm J. B. BERNSTEIN	1

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METRO DISH

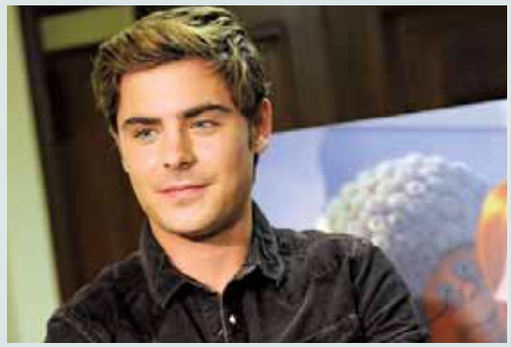
OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan. ALL PHOTOS: GETTY IMAGES

Living la vida Lohan: Lindsay blows through Oprah payday in a year

Despite Lindsay Lohan's impressive $2-million US payday for her Oprah Winfrey-produced reality series, the troubled starlet is reportedly flat broke again. "Only Lindsay could get paid such a large paycheque and once again be in dire financial straits," a source tells Radar Online. "After Lindsay's manager, agent, publicist (and taxes) were paid, she was left with $750,000." Which for most people would be great, but Lohan is not most people. "This was last year, and Lindsay has never been able to save any money in her life," the source explains, adding that Lohan "blows through money faster than she earns it." Evidence of her money woes seemed to pop up over the weekend when two of Lohan's credit cards were reportedly declined when she attempted to pay for $300 worth of merchandise at a Soho boutique, according to Page Six. "She looked really embarrassed and tried to negotiate before her friend finally stepped in and paid," a source says.

The Word



Somebody needs to stage an intervention for Zac Efron

MELINDA TAUB
Metro World News in New York

Zac Efron needs help super fast before we all relive what happened to Cory Monteith. Last November, Efron allegedly "slipped on a puddle of water" which was "in his home" and broke his jaw so badly it had to be wired shut.

Shady as hell? Yes. And now an insider has told In Touch what we've assumed all along: That he hurt himself doing the bad stuff. "He does drugs alone," the inside source exclusively tells the mag. "It's sad."

A second insider tells In Touch. "He needs to get help before it's too late."

The time is ticking down to "too late." As we reported last week, Efron had another shady-as-hell altercation recently with his "bodyguard" and some homeless men after Efron's car "ran out of gas" near Skid Row in Los Angeles.

For some reason, Efron "threw a bottle out of the car," which scared some homeless people milling around. Tensions between the group and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. Right. That sounds exactly like something that would happen to anybody anywhere and not a drug deal gone bad. Exactly.

Twitter

@WhitneyCummings
You had me at "polyamorous"

@MichaelChiklis
Now a volcano has just erupted in Peru? WTF is going on here?

@MarkDuplass
I wonder what Star Wars would have been like with Bill Murray as Han Solo.

Kaley Cuoco-Sweeting

Loving Superman came with a price for Big Bang star

Watch what you say about Big Bang Theory star Kaley Cuoco-Sweeting online, because she's probably reading it. "I'm obsessed. I openly admit to being totally insane about that," she tells Cosmopolitan magazine about checking up on what people write about her online. "I started reading [the comments] and thought, 'Maybe I need to make more of an effort and not go out in my UGGs and be disgusting.' So I started putting on makeup, and they started writing, 'Wow, someone really likes being in front of the camera' and, 'Her hair's done now for coffee.' I couldn't do anything right." The recently married actress admits, though, that she's had a lot more material through which to browse since she briefly dated Man of Steel star Henry Cavill last year. "I had no one following me until I met Superman," she says. "I've been in this business for 20 years, and my whole life I could go anywhere, do anything. There had not been on paparazzi photo of me until, like, several months ago."

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See that symbol? It means you can scan this photo with your Metro News app to see a gallery of some of Lily Cole's modeling work over the last few years.

Modelling the (im)possible ideal

Lily of the virtue. Impossible.com is the online gift economy that encourages people to give and receive for nothing more than a thank you. Model Lily Cole's social mission shows why the best things in life come for free.

RICHARD PECKETT
Metro World News

"The whole point of Impossible is about value, not money," says Lily Cole, seen here with Vivienne Westwood.
CONTRIBUTED

"I'm going to start calling it possible, it sounds so much better," chuckles Lily Cole on her gift economy website and app Impossible.com. In a capitalist culture where cash and consumerism are king, the doll-faced model's objective of a gift exchange seems like the romantic notion of a naïve and innocent idealist. However, with the backing of Kwame Ferreira (founder of global innovation company Kwamecorp), Wikipedia founder Jimmy Wales and inventor of the World Wide Web Tim Berners-Lee, it's far from just being a concept that should be left percolating amongst the beanbags of a blue-sky think tank. It's a platform for humanism and altruism where wishes are posted and granted by like-minded individuals. The only currency is generosity and gratitude. The former Vogue cover girl, who graduated with a double first class in history of art from Cambridge in 2011, doesn't intend to take a salary from the social network, explaining, "This is my gift that I want to live outside of me."

Did you create Impossible.com in response to the recession?
It wasn't a specific reaction to that. But the conversation back in 2010 that coined the idea with a friend [Kate Tomlinson], who now works on the project, was in relation to the recession and more philosophically about why it is that when there is any recession, society is paralyzed as a consequence of economic paralysis. Because if you think about it, everyone has skills, time, resources, there is no intuitive reason why society couldn't continue to organize itself. We've become almost slaves to the structure we created, forgetting that we created it [laughs].

Do you believe that humans are innately good?
Yeah, I do and people have proven me right so far…

Are you trying to celebrate positive human actions?
There's definitely a celebration element to it. I was interested in the analogy between current ideas of online social reputation that most social networks like eBay and [taxi firm] Uber have with classical gift economies: the idea of social reputation being a big part of the equation. I'm not shy of that and I think that's a great thing when we celebrate each other's generosity. That said, it's not the principle motivator. If anything, it's a kind of currency of sorts to try and encourage the principle reason for the platform, which is the actual actions.

Why are you steering clear of a rating system?
I think it works very well with transactional relationships. But what we're trying to do is so non-transactional and I just felt that a rating system would dehumanize it.

What's the most altruistic action you've performed?
I'm not a perfectly altruistic person at all. What I try to do is grow as a human. If I'm not kind, or do something wrong, I check myself. It's the intention to work on myself continually.

Have you personally helped anyone on the site?
I've helped quite a few people. The one that I enjoyed most was with a boy who wanted to practise his English. I noticed that he was in Manchester, a place where I was soon visiting, so I said I could meet him in person rather than over the phone. Then I saw that on one of his other wishes he'd wished that someone would help the homeless guy on the end of his street. We had a chat in English about this guy and I ended up getting a tent for the homeless man. I feel a bit self-conscious saying this, but the situation was quite magical — it went round in a nice big circle.

Do you stay in touch with the people that you help or is it very much one action and then move on?
I've met quite a few that I've stayed in touch with. A big part of the gift economy is that when someone does something for you for free, a subtle relationship is made. I can feel a community growing around me.

You've been the face of many fashion brands. Did you have concerns about what you were endorsing?
Yeah, that's why I've taken a different path. I started in fashion when I was 14, and it gave me so many options than I'd ever had before, but I was always a little conflicted about it. I was always questioning how consumeristic our society can be and how advertising works. I was looking at all these paradigms and feeling very much a big part of this machine.

Are you greatly concerned about the ethical side of consumerism?
It worries me on a macro scale because we never really know the stories behind products. Take this bag, I have no idea what this came from, how the animal was treated or who sewed it up and what the dye did to the environment. I would love to see transparency across the board.

Model by the numbers

14 The age that she was first scouted and later signed to Storm Models.

16 She became the youngest model to appear on a Vogue cover.

12 million is the estimated net worth of the model.

6 is the number of titles that she holds, including model, actress, environmentalist, activist, entrepreneur and CEO. But she prefers human.

22 is the number of charities that she supports such as Sky Rainforest Rescue, Elton John AIDS Foundation and Greenpeace.

A rousing ode to slurping: Corn chowder

This recipe serves six. PHOTOS © MIKE MCCOLL. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

Cookbook of the Week

Slim down your faves; keep flavour

Depriving yourself of your favourite foods or going to an extreme you can't maintain are two reasons diets fail.

Chef Jo Lusted offers a solution to diet failures with her new book Dish Do-Over, in which she transforms so-called "guilty pleasures."

Lusted's approach makes smart ingredient swaps and includes a "before and after" nutritional count. Among the recipes in the book are: Pizza Burgers, Shepherd's Pie, Beef Stroganoff, Poutine, Fish and Chips, Whoopie Pies and more. **METRO**

Dinner. This classic recipe replaces fatty ingredients and weighs in at 187 calories compared to the typical 533

"In this recipe, I replace the usual excessive amount of butter, bacon and cream with a respectable amount of olive oil, 1% milk and smoked paprika for smoky flavour without any calories," writes Jo Lusted in her book Dish Do-Over. "I also load this soup with veggies, making this a nutrient-dense version of the classic."

1. In a blender, purée 1 cup corn kernels and 1 cup each stock and milk until smooth. Set aside.

2. In a medium saucepan, heat oil over medium heat. Add onion, carrot, celery, garlic and thyme and cook, stirring frequently, until softened, about 6 minutes. Add paprika and flour and cook, stirring constantly, until fragrant, about 1 minute. Add potato, bay leaf and remaining 3 cups stock, increase heat to high and bring to a boil. Reduce heat to medium and simmer for 10 minutes or until potatoes are tender when pierced with a knife. [Make-ahead: Soup can be prepared to this point up to 48 hours in advance, covered and refrigerated. Warm soup over medium heat before proceeding with recipe.]

3. Stir in prepared corn purée, remaining 2 cups corn kernels and bell pepper and bring to a gentle simmer, about 5 minutes. Remove from heat, discard bay leaf and season with lemon juice, hot sauce, salt and pepper. Ladle into serving bowls and sprinkle with chives.

RECIPES FROM DISH DO-OVER © 2014 BY JO LUSTED (COLLINS, 2014).

Ingredients

- 3 cups fresh corn kernels
- 4 cups low-sodium chicken stock
- 1 cup 1% milk or unsweetened plain almond milk
- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, diced
- 2 garlic cloves
- 2 tsp chopped fresh thyme
- 1 tsp smoked paprika
- 1/4 cup brown rice flour
- 1 medium potato, diced
- 1 bay leaf
- 1 red bell pepper, diced
- 1 tbsp fresh lemon juice
- Hot sauce
- Sea salt and freshly ground
- Black pepper
- 2 tbsp chopped fresh flat-leaf parsley or chives

3-Cheese Garlic Bread

Ingredients

- 1 whole wheat baguette
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- 2 green onions, minced
- 3/4 cup each shredded low-fat aged cheddar cheese, low-fat mozzarella cheese
- 1/3 cup non-fat plain Greek yogurt
- 1/4 cup freshly grated Parmesan cheese
- 1/2 tsp Italian herb seasoning
- 1/4 tsp cayenne pepper
- Sea salt and freshly ground
- Black pepper

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper. Slice baguette in half crosswise and then in half lengthwise.

2. In saucepan or non-stick skillet, melt butter over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 2 minutes. Transfer to a large bowl and allow to cool to room temperature. Stir in green onions, cheddar, mozzarella, yogurt, Parmesan, Italian herbs and cayenne. Season with salt and pepper.

3. Spread mix evenly over cut sides of bread and place on prepared baking sheet. Bake for 15 minutes, until cheese is golden brown and bubbling and edges of bread are golden brown.

This recipe serves eight.

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Get fresh with your living room

DIY. 4 simple solutions to make your living space spring to life

Lack of colour, outdated decor and overall disconnection can hold a living room back from its full potential. Bring your living space back to life to represent your unique style and needs. With spring in the air, consider a radiant revival by adding a touch of trend into the heart of your home with a few easy DIY tips.

Cue the hue

Make your walls the star of your living space with an accent wall. There are many options with accent walls such as using bold colours, wall paper prints, and different textures. It's usually best to choose a print or colour that picks up other colours in the room, and to choose a wall that you want to draw attention to. Who knew incorporating colour could be so easy?

Rug remedy

Don't let confusing floor options cramp your style, instead use an area rug to accent your living room. An area rug can draw the eye in the direction you want to highlight, such as an entertainment area or a fireplace. Consider upgrading a basic rug by adding a design using fabric spray paint and a plywood stencil to make a bold statement. A stylish rug can be a simple fix for a disconnected living space while also adding a cosy, comfortable feel.

Curtain call

Shed light on your living space by giving your windows a vibrant treatment.

Curtains are a great way to play with different textures in your living room and can easily be changed to suit your needs, seasons, and interior trends. Sheer materials are a great option because they let in the perfect amount of light while providing a lavish atmosphere.

If you currently have a curtain rod installed, consider a simple DIY embellishment by spray painting it metallic gold or silver.

Daring decor

Dress your living room in daring designs with out-of-the-box patterns and bold colours. Throw pillows are a great option to consider if your living room is lacking those essential finishing touches. Pillows allow you to experiment with patterns, colour schemes and textures without committing to a complete design overhaul. You can make your own throw pillows using no-sew options such as fabric glue or iron-on adhesive.

Go bold and go home to a vibrant living space. ISTOCK

House Crashers

- For more inspiration on how to update your home, tune into House Crashers on Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

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Hotel suite home

Inspired by your travel accommodations?
Recreate that deluxe comfort at home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I'm a big believer that ideas and inspiration are everywhere, and if your mind is attuned, you'll always be inspired. Take, for example, my latest visit to Vancouver, where I enjoyed a short stay at the newly-refurbished OPUS Hotel, a home-away-from-home for those who love colour, design and style. Located in the very chic area of Yaletown, the hotel is surrounded by decor shops, restaurants and lounges.

This boutique hotel has a variety of decor-themed rooms that allow guests to experience anything from bad-boy funk to glam-star luxury. My favourite room was painted a juicy orange which brightened my day in contrast to the hazy grey spring weather that Vancouver presented outside.

If you're itching for some colour inspiration, then the OPUS hotel will truly inspire. Like the look? I've shopped for a few on-trend decor items to help get the look at home.

Extras that feel almost as good as room service

Turn your bedroom into an oasis with all the comforts of a chic hotel room:

- Add a small-scale loveseat or chair if space allows. Mid-century modern furnishings tend to work well as they are smaller in scale.
- Include your very own single-serve brew system for those early mornings when you just can't face your roommates.
- Add double-duty furnishings like console tables, ottomans and beds that offer storage in small spaces.
- Get yourself a small fridge; there's nothing better than your own bottled water and snack station.

A glamour OPUS worth imitating

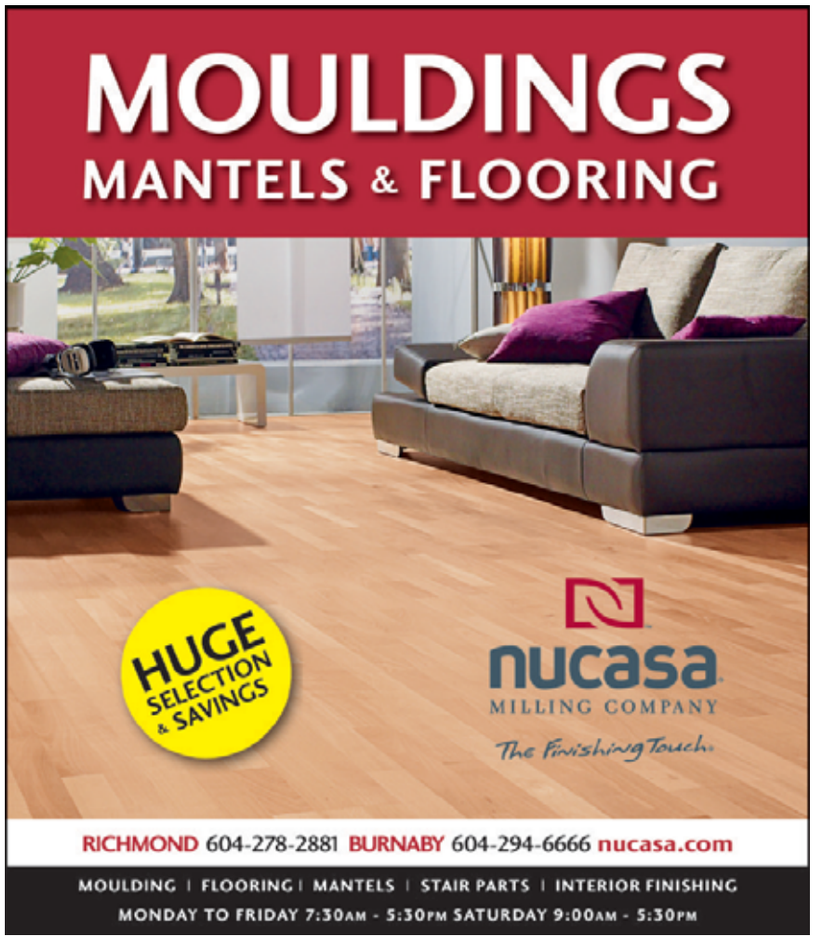
Instant sunshine prevails with orange walls, funky pop-art and versatile, multi-use furnishings in the inspiring OPUS king room.

Add a burst of sunshine

Perfect as a focal wall behind a bed or to paint the inside of your closet. Orange Burst 2015-20, Benjamin-Moore.ca

Bring versatility to the table

Versatile as a dressing table, desk or elongated night stand, a console table can be used anywhere in the home. LACK console, $60, IKEA.ca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Throw down some colour

The simplest way to add your favourite trend colour to a room is with throw pillows. Delano Striped Toss Cushion, $26, UrbanBarn.com

Bada-boom bada-baboonery

Be as bold with your art as you are with your wall colours. Baboon print, $170, CB2.com

Let a little light shine

Classic modern shapes in neutral colours means loving your accessories long after you are done with your decor scheme. Merrie Table Lamp, $275, CrateAndBarrel.com

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HEALTHY, HAPPY SMILES

XIXINXING/SHUTTERSTOCK

April is Oral Health Month and a great time to think more about taking better care of teeth and gums.

"A smile is like a window to your body," says Dr. Travis Stork, a practising board-certified emergency medicine physician and an Emmy-nominated national television host. "As a doctor, I know that a healthy mouth is part of a healthy body."

Poor oral hygiene can cause bad breath and stained teeth, but it may also lead to gingivitis, an inflammation of the gums. Left untreated, gingivitis can cause more serious gum disease and even loss of teeth. At the same time, healthy teeth and gums make it easy for you to eat well and enjoy good food. And the health of your teeth can affect your self-image, too.

"I believe that good health comes with a healthy lifestyle, which includes staying active, eating healthy and taking care of oral health," Stork says.

Here are ways to keep teeth and gums healthy:

1 Reduce the amount of sugar in your diet — sugar is one of the main causes of dental problems. "I advise people to enjoy the natural sweetness of fruits and to cut out as much refined sugars as possible, like pop," Stork says.

2 Take time to brush, floss and rinse every single day. A good oral care routine, Stork says, includes brushing with an electric toothbrush for two minutes twice a day, flossing, and rinsing with an anti-septic mouthwash.

3 Use Crest Pro-Health Clinical toothpaste, Stork says. "It has been proven to help prevent and even reverse gingivitis and early stages of gum disease." It fights cavities, tartar, and plaque, whitens teeth, and helps freshen breath.

4 Visit the dentist twice a year (and your doctor once a year) for routine checkups. Besides having teeth cleaned, regular checkups can help uncover issues earlier when they are easier to treat.

5 Keep in mind that certain health conditions may require special care. For example, having diabetes or being pregnant increases the risk of gingivitis. Floss and brush regularly, and use Crest Pro-Health to help prevent and reverse gingivitis, Stork says. Speak to your dentist for more information.

6 Be a good role model to children. Just as being active together as a family is important, so is finding ways to teach children to make regular brushing and flossing a habit, too.

7 Avoid all tobacco products.

WAVEBREAKMEDIA/SHUTTERSTOCK

MAKE ORAL HEALTH A PRIORITY

Are you happy with your smile?

If you aren't it might be a good idea to start using a whitening toothpaste when you brush your teeth.

According to the Crest and Oral-B 2014 Great Canadian Smile Survey, 93 per cent of Canadian adults feel that having a white smile can impact the way other people perceive them and that can definitely affect the way you feel about yourself.

The survey revealed many other interesting insights into the oral hygiene habits and attitudes of Canadians.

For example, while eight in 10 Canadians say their dentist has recommended brushing, flossing and rinsing with mouthwash regularly, less than half — just 44 per cent — actually do it regularly. In fact, just three in 10 Canadians say they floss at least once a day.

What's also interesting is that Canadians might take better care of their teeth and gums if their doctor made it a priority. While three-quarters of Canadian adults trust the information their dentist provides regarding the impact oral care has on their overall health, half say that if their family doctor talked to them about their oral care they would take it more seriously.

In general, the majority of Canadians say oral health is an important part of their overall health. The survey showed almost two-thirds of Canadian adults say they have taken specific steps to improve their daily oral care routine in the last five years.

Furthermore, Canadian parents are also teaching their children that regular brushing is important. Seven in 10 parents with children younger than 12 have incorporated brushing for two full minutes twice a day as part of their child's daily oral care routine.

But only half take their children for regular checkups, one-third began flossing early in the child's life, and one-quarter have taught their child to rinse daily.

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My smile is something I want to share for years to come. To help keep it healthy, I stick to my Pro-Health routine. And, as a result, I always get to show off my healthy smile.

1 FLOSS 2 BRUSH 3 RINSE

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Crest® Pro-Health™ Multi Protection rinse helps prevent and reduce plaque and gingivitis. Crest® Pro-Health™ toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. To ensure this product is right for you, always read and follow the label. ©2014 P&G

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Lions' Harris commits to his future in Vancouver

CFL. Accomplished Canadian running back signed through 2015

CAM TUCKER
cam.tucker@metronews.ca

Andrew Harris, about to turn 27 years of age later this month, is beginning to set himself up for life after football. As for the near future, he'll remain with the B.C. Lions for at least the next two seasons.

The team announced Wednesday morning it signed Harris, the non-import running back, to a contract extension through the 2015 season. Originally from Winnipeg, Harris now makes his home here and works as a salesman for Regency Nissan Infinity in North Vancouver.

"Football could end at any day for me. Obviously you want to play as long as possible," Harris said.

"Now for me, I'm more concerned about off the field more than ever and building a career and building some skills … so that when football is done for me, it's a smooth transition."

But the decision to now call Vancouver his home — "bringing my umbrella everywhere with me," he joked — also indicated to management, including general manager Wally Buono, that there was a commitment to the Lions beyond 2014, which was the option year of Harris's current deal.

"For an individual to call this place home after going back and forth (between Vancouver and Winnipeg) I think speaks volumes for what Andrew wants to be a part of," said Buono.

Harris enters his fifth season in the CFL and with the Lions.

Deon Beasley dives to tackle Andrew Harris of the BC Lions during the 99th Grey Cup on November 27, 2011 at BC Place. Harris signed a contract extension through the 2015 season with the Lions, and is already planning his life after football in Vancouver. JEFF VINNICK/GETTY IMAGES

Investing in the run

"We're looking at this year … we want to attack it in a way that puts us in a situation where we are a contender." **Lions general manager Wally Buono** on his team's running game

The list of accomplishments to this point in his career is impressive: CFL and West Division All-Star in 2012, and the Most Outstanding Canadian at the 2011 Grey Cup. Two years ago, he rushed for 1,112 yards, which placed him third among running backs in the league.

Last year, things didn't quite go as he or anyone else in the organization had hoped. The Lions' running game was, for a long stretch, almost completely non-existent.

Harris had 998 yards rushing in 2013. The Lions never quite found a groove, and were eliminated in the West semi-final.

The 2014 Grey Cup will be held at BC Place Stadium.

"We're looking at this year … we want to attack it in a way that puts us in a situation where we are a contender," said Harris.

W's all that matter for goalless Mattocks

Whitecaps goalkeeper David Ousted makes a save as teammate Darren Mattocks defends versus the Houston Dynamo on March 29. THE CANADIAN PRESS

On an individual level, Darren Mattocks knows the score: zero goals in four games, despite some quality chances.

But the speedy Jamaican striker will have you know the Vancouver Whitecaps are winning, and that's the most important thing.

Heading into Saturday's match with the Colorado Rapids at BC Place Stadium, the Whitecaps are 2-0-2 after the first month of the season. Both wins have come on home turf.

"It's a team effort. So whether I score or not, the team is moving in the right direction. That's my focus," the 23-year-old Mattocks said Tuesday.

A matter of when?

"That will come. I have no doubts about that."

Coach Carl Robinson on Mattocks's scoring

Mattocks, the second overall pick in the 2012 MLS SuperDraft, is also not discouraged by his own personal statistics.

He has a pair of assists, which is as many as he's had in the previous two seasons combined. One of those helped secure a point in a draw with Chivas USA in the second game.

Against the Houston Dynamo last weekend, Mattocks was again highly involved.

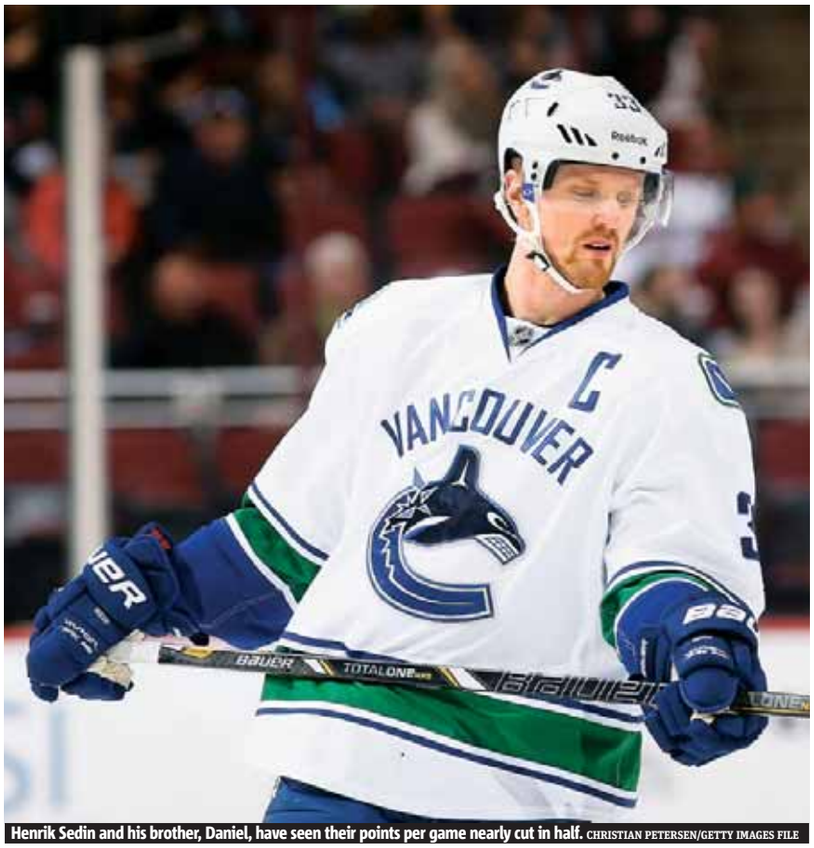
He missed two glorious chances in the first half, including one shot in front of the Houston goal that just sailed over the crossbar. He was integral on Vancouver's second goal, causing defender Kofi Sarkodie to commit a handball in the box, leading to a Kenny Miller goal on the penalty.

The Whitecaps went on from there to hang on for the victory.

"I know on a personal level, he wants to score goals," said head coach Carl Robinson of Mattocks.

"But that will come …"

CAM TUCKER/METRO


Henrik Sedin and his brother, Daniel, have seen their points per game nearly cut in half. CHRISTIAN PETERSEN/GETTY IMAGES FILE

Henrik and Daniel doubling downward

THE HOCKEY NEWS
Ronnie Shuker
vancouver@metronews.ca

Now that the Canucks are all but mathematically assured of tee times in April, let's look at what went wrong in Vancouver, specifically with the offence.

There's plenty of blame to go around for the lacklustre offence. As the Canucks' most expensive players, however, Henrik and Daniel Sedin have been the biggest on-ice disappointments on a team that has underachieved almost across the board.

Vancouver's goal-scoring list sums up everything that has gone wrong with its punchless offence. Ryan Kesler, the team's leading scorer, has as many goals (24) as the twins have — combined. Chris Higgins has more goals (17) than Daniel (14), while Zack Kassian is only one behind. And Mike Santorelli has as many goals (10) as Henrik does, despite playing 16 fewer games. Granted, Henrik is more of a setup man than a goal scorer, but surely he should have more goals than bottom-six centre Brad Richardson, who has 10.

The thing is, though, management and fans should have seen this coming. This isn't an anomaly with the Sedins. It's not a one-off they can correct next season. It's a trend of theirs that's been going on for four years now and is likely to continue.

Since 2009-10, the Sedins have both regressed in production every season. Henrik has dropped from 1.37 to 0.71 points per game, while Daniel has dipped from 1.35 to 0.63. Basically they're half as productive as they were four years ago. The significance of their drop-offs is staggering, but their decline shouldn't be shocking. After all, the Sedins were 29 when they hit their peaks. That their production has decreased in their 30s is just common sense. It happens to most players, particularly offensive stars.

But so long as they're the faces of the franchise and paid among the league's best, Henrik and Daniel are expected to produce like elite players.

Clarke MacArthur, Mats Zuccarello, Nick Bonino and Mikkel Boedker are just a few of the no-names who are ahead of them in the overall scoring list. Vancouver isn't paying the Sedins $7 million each next season for them to be middle-of-the-pack offensive players.

That said, they're likely to stay there. It's easy to point to injuries, increased playing time and poor linemates this season as potential reasons for the Sedins slipping offensively. But really, the plain truth is they're just not as good as they used to be, and never will be again.

Relocation to Seattle

Group interested in moving NBA team, not NHL

The investor who attempted to purchase the Sacramento Kings and move them to Seattle says his investment group is solely focused on pursuing the NBA and is not interested in owning an NHL franchise.

Chris Hansen told The Associated Press on Wednesday that no one in his ownership group has interest in being the majority owner of a hockey franchise even as rumours continue to circulate about the NHL having interest in Seattle as a possible market in the future.

THE ASSOCIATED PRESS

NHL

Toews out for rest of regular season

Blackhawks captain Jonathan Toews will miss the rest of the regular season with an upper-body injury.

The team said Wednesday that coach Joel Quenneville expects Toews to be "100 per cent" for the playoffs. THE ASSOCIATED PRESS

MLB. Buehrle's 11 K's help Blue Jays shut out Rays in Tampa Bay

The Toronto Blue Jays are on the verge of their best road trip to Tampa Bay in years.

Mark Buehrle allowed four hits over 8 2/3 innings, Jose Bautista homered twice and the Blue Jays beat the Rays 3-0 on Wednesday night.

With a victory in Thursday night's game, Toronto would stop a streak of 20 consecutive winless road series against the Rays. The Blue Jays, who have won two of three against the Rays to start a four-game set, haven't won a series at Tampa Bay since April 2007. Of the 20 series, the Blue Jays have lost 19 and split one.

"Obviously, it hasn't been a good place for this team," Buehrle said. "Hopefully come out and take this series tomorrow and get off to an even better start."

Buehrle (1-0) struck out 11 and walked one.

"It was a tremendous game for him," Toronto manager John Gibbons said. "A great effort, I don't know how else to describe it."

It was just the second career double-digit strikeout game in 430 major-league starts for Buehrle. The other was a 12-strikeout game on April 16, 2005, against Seattle, while with the Chicago White Sox.

Jose Bautista celebrates his solo home run during the seventh inning. BRIAN BLANCO/GETTY IMAGES

"That ball was running, ducking and darting," Gibbons said.

Sergio Santos entered after Ben Zobrist had a two-out single off Buehrle in the ninth and walked Evan Longoria. Brett Cecil then struck out pinch-hitter Matt Joyce for his first save.

Bautista put the Blue Jays ahead 1-0 on his first homer of the season, a solo shot off Matt Moore (0-1) in the fourth.

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Shewfelt springs into Hall of Fame

Canadian Olympians. Calgarian among athletes, coaches, builders to be honoured in June

Kyle Shewfelt's Olympic gold medal in gymnastics shines bright a decade later because it is the first and only of its kind in Canada.

Unlike the Olympic champion who has a teammate or hero to follow or emulate, Shewfelt blazed his own trail to win the floor routine in 2004. He is the only Canadian to win an Olympic medal of any colour in gymnastics.

The Calgarian is among the athletes, builders and coaches who will be inducted into the Canadian Olympic Hall of Fame in June.

He'll join speedskater Cindy Klassen, the victorious men's eight rowing team of 2008, speedskating coach Marcel Lacroix, hockey coach Pat Quinn and the late, former Alberta premier Ralph Klein among the 2014 inductees.

Gymnast Kyle Shewfelt won a gold medal in the floor routine at the 2004 Summer Olympics. GETTY IMAGES FILE

Sports journalist Richard Garneau, who covered 23 Olympic Games, will receive the Canadian Olympic Order posthumously.

While Shewfelt agrees no Canadian beat a path to the podium for him, he didn't feel isolated in his quest.

"Why did it happen for me? I wasn't by myself," Shewfelt said. "I had tons of supporters, amazing teammates, my national federation was so supportive of the dream. They sent me around the world when I was 17 to get that experience. I just never wavered in my belief that it was possible.

"For myself, I wanted to take it to the next level and I guess it took a lot of courage for myself to do that, but it was something I was willing to risk. I knew as an athlete that when I ended by career, I wanted to look back and have no regrets. I had to chase the biggest dream possible."

THE CANADIAN PRESS

Thursday's Metro AR poll

DOUG PENSINGER/GETTY IMAGES

Hayley Wickenheiser revealed on Tuesday she has had a broken foot for the past year. That includes the time in which she led Team Canada to a gold medal at the Sochi Games. Scan the image above using your Metro News app to vote on the most courageous "playing hurt" moment in sports history.

Metro AR poll results

34% Metro News readers voted hockey player Mike Fisher and country singer Carrie Underwood the hottest couple in sports. Also shown love in the poll were the following twosomes:

24% Dustin Johnson and Paulina Gretzky

18% Cristiano Ronaldo and Irina Shayk

12% Dion Phaneuf and Elisha Cuthbert

6% Dwyane Wade and Gabrielle Union

6% Justin Verlander and Kate Upton

Mike Fisher and Carrie Underwood GETTY IMAGES FILE

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"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Horoscopes

♈ Aries
March 21 - April 20
See to it that you are rewarded for your efforts, especially on the work front where others may try to give you less than you deserve. You don't have to be aggressive but make sure you get what you are worth.

♉ Taurus
April 21 - May 21
The planets will make it easy for you to complete a task that needs to be out of the way right away. If you focus all your energy in one direction today, there is no telling what you might accomplish.

♊ Gemini
May 22 - June 21
Call it as you see it and don't worry about the reaction. Not everyone will be pleased that you're so open about the issues but it's their fault for backing ideas that are easily disproved.

♋ Cancer
June 22 - July 23
Try not to get angry with those who can't make up their minds as quickly as you. If you want to get things done, you will either have to go it alone or make alliances with those who share your hunger for success.

♌ Leo
July 24 - Aug. 23
You seem to be working harder than ever but are you working for yourself or others? That's the question you most need to ask today and if the answer is the latter you will need to make changes.

♍ Virgo
Aug. 24 - Sept. 23
If there is someone you would like to know better, let them see you are interested. If you make the right sort of move now, it could be the start of a beautiful friendship (or more).

♎ Libra
Sept. 24 - Oct. 23
Give partners and loved ones your support today, even if you have good reason to criticize. Whatever they may have done and however much it may have affected you, it was an honest mistake.

♏ Scorpio
Oct. 24 - Nov. 22
A relationship that has gone through some difficult times can be repaired but first you must ask yourself if that is what you truly desire. The Sun at odds with your ruler Pluto suggests you may be thinking of ending it once and for all.

♐ Sagittarius
Nov. 23 - Dec. 21
A new business venture can be a success but to make it work you will need to give everything to it. Is it worth the time and energy? Only you can decide. Just do it soon.

♑ Capricorn
Dec. 22 - Jan. 20
If you believe in yourself and work diligently towards a well defined goal there is no reason why your name should not be up in lights — and your bank balance blessed by a large input of cash.

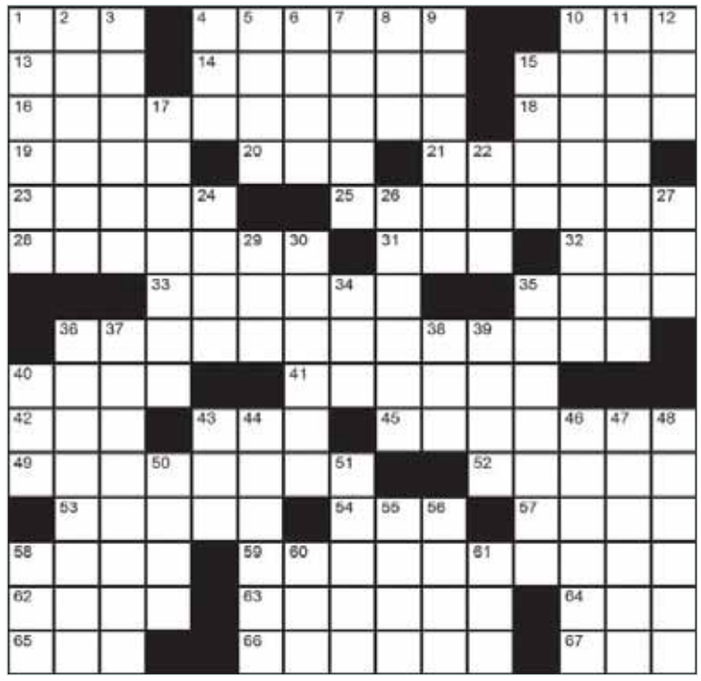
♒ Aquarius
Jan. 21 - Feb. 19
The Sun at odds with power planet Pluto today warns you must resist the temptation to go to extremes. If you overstep the mark at home or work you could end up paying a price.

♓ Pisces
Feb. 20 - March 20
If you want something today there is a chance someone will give it to you but you have got to ask directly. If you drop hints chances are they won't understand. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

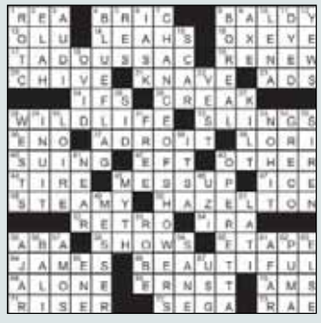
BY KELLY ANN BUCHANAN



Across
1. Got a glimpse
4. Mafia don's realm: 2 wds.
10. Police alert, commonly
13. Tel Aviv, __.
14. Having branches
15. Marianas island
16. Cate Blanchett role, __ _
18. Antelope type
19. __ _ good example
20. Lanka's lead
21. "Seven Years in __" (1997)
23. High School attendees
25. Edmonton, 'Canada's __ City'
28. Fruit sort
31. Camper's bed
32. Cube used for soups
33. Prehistoric tool
35. Nothing: French
36. CUPW = Canadian Union of __ __
40. __ vinegar
41. Vassals
42. Band-__
43. Compass dir.
45. Aerobics class device
49. __ __ circles (Concealer targets)
52. Socialite/hostess Ms. Mesta
53. Certain crown
54. Ronny & The Daytonas hit
57. Burden
58. __ messaging
59. Launched by a candidate in Toronto ahead of the big election there on October 27th, 2014: 2 wds.
62. Mr. Kristofferson
63. Baseball official's duty
64. WSW's opposite
65. 'Verb' suffix
66. Ritzy couch
67. Cave

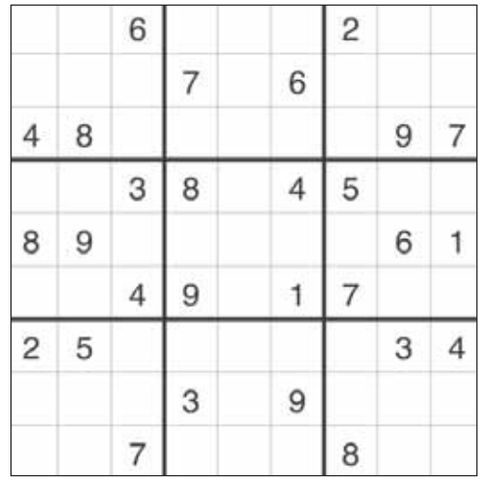
Down
1. Midday break
2. Isn't this in the Meg Ryan/Tom Hanks 'Seattle' movie
3. Novelist
4. "My Crew" Prod.
5. Montreal hockey players, to fans
6. Urgent situation, briefly
7. Recurring theme
8. Kyrgyzstan city
9. Shakespearean "Very well then...": 3 wds.
10. "Good-bye.", in Montreal: 2 wds.
11. It's guaranteed that everyone will do this and die: 2 wds.
12. Sporty bike
15. __ Desert
17. Most goofballish
22. TV Cousin
24. Kilt wearer
26. The Wilderness of Manitoba album: 'Island of __'
27. Mr. Chaney Jr.
29. 'Motor' suffix
30. Canadian-made 'World's Best Hat'
34. Prefix to 'light'
35. Make a typo ...then figure out the word's right letters
36. The Group of Seven
37. "The Night They Drove __ __ Down" by The Band
38. Mil. unit
39. Retain
40. Egyptian __ (Cat breed)
43. Be mistaken
44. Canadian broadcaster Mr. O'Regan
46. Investigated
47. Julia Louis-Dreyfus role
48. Blush
50. Chows
51. Country in Africa
55. "Jump __ __!" (Hurry!)
56. River in Normandy
58. Boxing stat.
60. Soul: French
61. Ripen

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	9	8	5	4	6	1	2	7
1	6	7	2	9	3	5	8	4
5	4	2	7	8	1	6	9	3
8	5	4	9	6	7	2	3	1
9	7	3	1	2	5	4	6	8
6	2	1	4	3	8	7	5	9
2	1	9	3	5	4	8	7	6
7	3	6	8	1	2	9	4	5
4	8	5	6	7	9	3	1	2

Today
10°/6°
Rain
90%

Friday
9°/8°
Rain
60%

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Crystal Mall
Lougheed Mall
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Mall
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
Terasen Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

West Vancouver
Park Royal North
Park Royal South

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